

GLC GAMES

Frequently Asked Questions

How do I build a team?

You can either build your own team or we will find a team for you. Teams are a maximum of 8 people and will represent a country during the competition. Choosing a country will be a first come, first serve basis. If you need assistance finding a team, a Fitness Specialist can assist you.

Does my team have to participate in all the events?

No, you only have to participate in one event to qualify for the t-shirt prize. Have fun and do as many events as your team wants to. However, the more events you participate in, the better chances you get to earn a medal!

Can the events have modifications?

The only event that has a modification is the 5k, which you can either run or walk. Otherwise, for the score to count, each event will have to be completed as intended. Though this is competitive, remember to just try your best and have fun!

What does it mean to get an individual award?

Place in the top 3 in your event, based on your gender/age category, and you will win either a Gold, Silver or Bronze medal.

How many points can my team earn per event?

Only one person per team is eligible for earning points in each of the ten events. The number of points earned is based on that participant's placing in their gender/age categories. Gold medal winners get 10 points. Silver medal winners get 8 points. Bronze medal winners get 6 points. All other participants get 5 points. The more events your team participates in, the more points you are guaranteed.

How does my country win the overall competition?

Earn the most points from all ten events.

When is the opening ceremony?

Saturday, July 27 along with the 5K run/walk at 8 a.m.

When is the closing ceremony?

Sunday, August 11 with the indoor Super Sprint Triathlon at 6:30 a.m.